

## *Mazel Tov,* You're Expecting A Baby!



The Valley Hospital and the Fair Lawn Jewish Center have partnered to offer a new class, *Mazel Tov, You're Expecting A Baby!* This class is a 4-week course that includes two weeks on Jewish parenting, one class on Newborn Care, and a tour of The Valley Hospital's Labor and Delivery and the Mother Baby Units. Adoptive parents are welcome to attend.

Jewish parenting topics include:

- Bris
- Baby naming/choosing a Hebrew name
- Holidays
- How Judaism can help you raise your child in a happy, healthy family
- Family dynamics and bedtime routines
- Interfaith parenting
- Jewish books, music and toys for young children
- Tips for finding a childcare provider
- Traditions around childbirth and newborns
- Jewish community resources

Classes 1-3 will be held at the Fair Lawn Jewish Center, 10-10 Norma Avenue, Fair Lawn. Classes 1 and 2 are from 7-9 p.m. Class 3 is from 7-10 p.m. Class 4 is a 1-hour tour held at The Valley Hospital, 223 N. Van Dien Avenue, Ridgewood at 7 p.m.

### **Dates:**

Series 1: January 23, January 30, February 6, and February 13

Series 2: April 3, April 10, April 17, and April 24

Series 3: July 10, July 17, July 24, and July 31

Series 4: October 2, October 9, October 16, and October 23

**Fee:** \$86 per couple

To register, please email [familyeducation@valleyhealth.com](mailto:familyeducation@valleyhealth.com) or call 201-291-6151.

